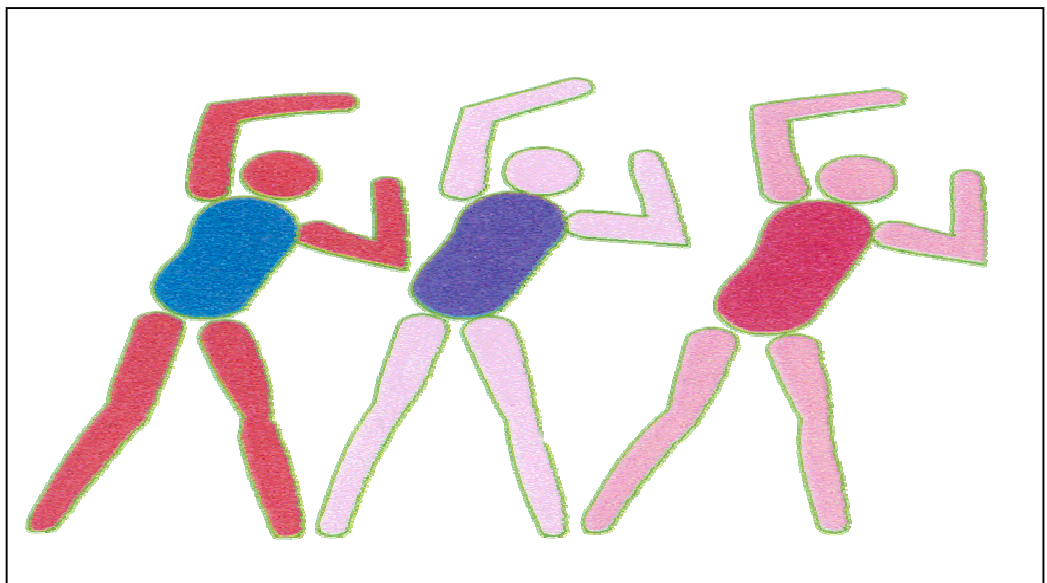


health promotion resource manual



**National Naval Medical Center
2001-2002**



Provider Quick Reference

Program/Service	Description	Phone Number	Page Number
Alcohol/Substance Abuse	Alcohol Aware PREVENT DAPA	295-6649/2633	8
Dental Health	TRICARE Dental Program	295-4339	13
Fitness and Exercise	The Comfort Zone Tri-Fit Health and Fitness Assessments One-on-One Training	295-2450 295-4454 295-4454	7 7 7
Women's Health	Contraceptive Class The Breast Care Center	295-6673 295-6360	10 10
Health Screenings and Immunizations	Immunization Clinic Civilian Blood Pressure Screening TB Testing Eye Exams Colorectal Health Screening Prostate Cancer Screening	295-4510 295-0196 295-0196 1-888-999-5195 295-4600 295-4268/4282	9 9 9 9 9, 12
Nutrition and Weight Management	ShipShape Program Cardiac Nutrition Individual Counseling	319-4660 295-5360 295-5360	6 6 6
Stress Management	Anger Management Headache Management Somatron Relaxation Chair Seated Massage Therapy	295-4041 295-4041 295-4041 295-2450	6 6 6 6
Tobacco Cessation	Classes and Individual Sessions	295-2159	8
Men's Health	Urology Clinic Incontinence Clinic Erectile Dysfunction Clinic	295-4268 295-4302 295-4302	12
Support Groups	(COPD) Breast Cancer Anteparturn I-11V Exceptional Family Member	295-4191 295-6360 319-5038 295-6294 295-5857	14
Disease Management	Arthritis Cancer Cardiovascular Disease Hypertension	295-4512 295-6360 295-1840 295-2159	17

Other References

Health Promotion Service	295-5502
Command Duty Office	295-4611
Sierra Military Health	1-888-999-5195
American Red Cross	295-1538
Staff Education and Training Services	295-0181
Stitt Library	295-0993
Customer Service	295-4000
Health Benefits Advisors	295-5143
Pharmacy	295-2124



“Health Promotion is defined as the science and art of helping people change their lifestyle to move forward to a state of optimal health.”

-American Journal of Health Promotion

The Health Promotion Service of the National Naval Medical Center is pleased to provide you with the 2001-2002 version of the Health Promotion Resource Manual.

The manual showcases over 70 services and programs to help you maintain or achieve an optimal state of health. The manual also reflects the vision of NNMC as the flagship of Force Health Protection and World-Class Health Care.

We are excited about this new edition as it provides new and different information to keep you healthy.

All services and programs are listed under 15 sections. They are also referenced with the following eligibility codes (if applicable):

AD	Active Duty
BEN	Beneficiaries (family member of military eligibles)
RET	Retirees
RES	Reservists
DOD-CIV	Department of Defense Civilians
COMM	Community

This year, you will see that many programs and services take place at the Health Promotion Service, recently relocated to Building 12, 1st Deck. Be sure look for the heart symbol (♥) to find programs and services that take place at the new center.

We hope you enjoy this manual and take full advantage of the featured programs and services. This information can also be viewed on our web site. The address is www.nnmc.med.navy.mil.

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NOTES

The Health Promotion Service

To accommodate the emphasis on expanding programs and the integration of clinical preventive services into the primary care setting, the new Health Promotion Service opened its doors in October 1999.

The Health Promotion Service is available to all beneficiaries: Active Duty, Active Duty family members, retirees, civilian DOD employees, and reservists. We offer a wide range of seminars, presentations, classes, one-on-one counseling, and health fairs to personnel of NNMCMC, other military commands, Branch Medical Clinics, and other government agencies. We are also available on a consultative basis to assist in the development of clinic-specific health promotion related programs.

The Health Promotion Service offers the following programs:

- Command Fitness Enhancement Program
- Tri-Fit Health and Fitness Assessment
- One-on-One Personal Training
- Hypertension Management
- ShipShape Weight Management Program
- Stress Management
- Headache Management
- Anger Management
- Somatron Relaxation Chair One-on-One Sessions
- Tobacco Cessation
- Drug and Alcohol Program Advisors (DAPA)
- Put Prevention Into Practice Program (PPIP)

The Health Promotion Service also has a wellness resource library that holds an excellent selection of books, videos, pamphlets, and manuals. In addition, many health promotion classes are conveniently held in the spacious, modern conference room.

The Health Promotion Service is located in Building 12, 1 A Deck, just a short walk from the patient-parking garage. For more information or to obtain a current brochure of monthly programs, please call (301) 295-5502 or visit the health promotion web site at <http://www.nnmcmc.med.navy.mil>.

All programs and services in this manual that are listed with a heart symbol (♥) are located at the Health Promotion Service.



Nutrition and Weight Management

ShipShape Program ♥

New for 2001!

A BUMED approved weight management program designed for all personnel, especially anyone who exceeds or is in danger of exceeding body composition standards. Information on nutrition, exercise and stress management will be provided. Attendance is open to those personnel recommended by their Commander, CO or OIC, Active-Duty personnel should call (301) 319-6649 to register.

This program is also offered to beneficiaries, reservists, retirees and DOD civilians. Please call (301) 319-4660 for more information.

AD BEN RES RET DOD-CIV

Perinatal Nutrition ♥

This is an interactive group session for mothers-to-be providing information on expected weight gain, nutritional requirements and breast feeding concerns. Classes are held every 2nd and 4th Friday from 0900-1100. A consult is not necessary; however, pre-registration is required. Call (301) 295-5360.

AD BEN RES RET

Commissary Tour

A Registered Dietitian will provide a guided tour of a supermarket and tips on healthier grocery shopping. Pre-registration is necessary and tours are set up upon request. For more information call (301) 295-5360.

AD BEN RES RET

Individual Nutrition Counseling

Individual nutrition counseling on all nutrition topics/therapeutic diets. This service is available M-F from 1000-1300. Call (301) 295-5360 for an appointment.

AD BEN RES RET

Cardiac Nutrition Class ♥

This class is designed to provide current: nutrition education for patients who have a history of high cholesterol, hypertension, and/or cardiovascular surgery. Classes are held on the 2nd and 4th Monday of the month. A referral is necessary and pre-registration is required. Call (301) 295-5360.

AD BEN RES RET



Stress Management

Introduction to Stress Management

This three-hour class offers discussion and health assessment of physical, emotional, intellectual, and spiritual stress. Participants learn techniques to assess and manage stress. Class time includes introduction to the Somatron Relaxation Chair. Call (301) 295-4041.

AD BEN RES RET DOD-CIV

Anger Management ♥

This two and one half-hour class explores the definitions of appropriate anger, health risk of "bottle anger" and other emotional responses to highly stressful situations. Participants assess their own responses and learn more effective ways to change their thinking about interpersonal interactions. Classes are offered monthly. Call (301) 295-4041.

AD BEN RES RET DOD-CIV

Somatron Relaxation Chair ♥

"The Chair" is a recliner that uses Therasound, specially researched therapeutic music that affects the relaxation response. Participants relax while listening to music provided through speakers throughout the length of the chair. This soothes tired, aching muscles and has been proven to reduce pain. For an appointment call (301) 295-4041.

AD BEN RES RET DOD-CIV

Headache Management

This two and one half-hour class provides an overview of the definition and management of the two most commonly experienced headaches (tension and migraine). Participants practice relaxation breathing, self-care acupressure, imagery and hand warming biofeedback. Classes are held monthly. Call (301) 295-4041.

AD BEN RES RET DOD-CIV

Seated Massage Seated

Massage helps to relieve pain and symptoms related to tight muscles in the neck and back. Massages take place at the Comfort Zone by appointment only. Call (301) 295-2450.

AD BEN RES RET DOD-CIV

Fitness and Exercise

Healthy Back Class

Back pain strikes eight out of 10 Americans. This class will help you understand the anatomy and mechanics of the spine, the role of posture in daily activities, and how to deal with back pain once it occurs. Classes are ongoing. To register, call (301) 295-4880.

AD BEN RES RET DOD-CIV

One-on-One Fitness Training ♥

Need some personal assistance with your fitness program or a new routine? Working with a Certified Personal Trainer might do the trick. Trainin is available Monday-Friday from 0900-1630. Call (301) 295-4454 for an appointment.

AD BEN RES RET DOD-CIV

Fitness Enhancement Program ♥

These classes are designed for all personnel in the Command Fitness Enhancement Conditioning Program regardless of PFA status. The program is designed to assist in improving physical readiness through regular exercise. A Navy Fitness Exercise Leader instructs each class which consists of a warm-up, stretching exercises and an aerobic workout. Call (301) 295-5502 for more information.

AD ONLY

Adventure Bound Program

The Adventure Bound Program offers a variety of day and weekend trips sponsored by MWR. Events include horseback riding, skiing, white water rafting, charter fishing and more. Call (301) 295-0434 for more information.

AD BEN RES RET DOD-CIV

Tri-Fit Health and Fitness Assessments ♥

Are you fit or fat? This assessment includes tests for body composition, upper body strength, flexibility and aerobic capacity. A personalized fitness program will be developed based on the results. Call (301) 295-4454 for an appointment.

AD BEN RES RET DOD-CIV



The Comfort Zone

**State-of-the-Art Fitness Facility
(301) 295-2450**

Monday - Friday 0500 - 2100
Saturday and Sundays 0900 - 1800

Pool Hours
Active Duty only M-F 1100 - 1300
Monday - Friday 0530 - 2000
Saturday - Sunday 1100 - 1700

The newly renovated Comfort Zone Complex is a state-of-the-art, fully furnished fitness facility. The Center offers programs and equipment designed to improve both mental and physical health.

The facility includes:

- **Weight zone strength conditioning area**
- **Seated massage by appointment**
- **Cardio zone exercise center with theater entertainment**
- **25 yard heated indoor pool with two dry saunas**
- **Locker rooms complete with showers**
- **Full size gymnasium**
- **Outdoor recreation gear rental**
- **Sports retail**

Membership Fees

FREE for active-duty military, retirees, reservists and beneficiaries.
NNMC DOD Civilians \$50.00 annually
Other DOD Civilians \$75.00 annually

Identification card is mandatory for access.

Tobacco Cessation

Tobacco Cessation ♥

This program offers a personalized approach to quitting tobacco by helping you understand why you use tobacco, helping you choose the best strategy to quitting and assisting in incorporating permanent lifestyle changes essential to remaining tobacco-free. We can also help you decide on the use of pharmacological aids (Zyban®, NRT) and assist you in obtaining prescriptions. Classes are held monthly at the Health Promotions Service (Building 12). Call (301) 295-2159 to register.
AD BEN RES RET DOD-CIV

Tobacco Cessation Individual Sessions ♥

Individual sessions for tobacco cessation are available by appointment only. Please call (301) 295-2159 for more information.

AD BEN RES RET DOD-CIV

New Ways to Quit Tobacco Use

Zyban®, is a non-nicotine prescription drug that reduces the symptoms of nicotine withdrawal. You begin taking it two weeks before you quit tobacco to make sure it reaches effective levels in you body and continue taking it for at least 7-12 weeks after you quit. Studies have shown people who use Zyban® doubled their chances of quitting tobacco.

Nicotine Replacement Therapy (NRT), is supplied as a skin patch or gum. It works by providing a substitute source of nicotine without the harmful effects of tobacco. It makes it easier to quit tobacco use, especially if you are a heavy tobacco user. Most NRT products are normally used over a period of two to three months.



Alcohol and Drug Services

PREVENT (Personal Responsibility and Values Education and Training) ♥

Need some personal assistance with your fitness program or a new routine? Working with a Certified Personal Trainer might do the trick. Training is available Monday-Friday from 0900-1630. Call (301) 295-4454 for an appointment.
AD BEN RES RET DOD-CIV

ALCOHOL-AWARE ♥

This program is a mandatory four-hour, command-level alcohol abuse, prevention, deglamorization course. Attendance is required within two years of accession. The purpose is to make participants aware of the basic nature of alcohol and risks involved in using and abusing this substance. It also provides information on the Navy's expectations, instruction, and core values. Call (301) 295-6649 for more information.

AD ONLY

Family Member Support

Drug or alcohol dependant members will be given appropriate care and referred to a Veterans Administration facility or other civilian rehabilitation facility. For more information contact the Command Drug and Alcohol Program Advisor at (301) 295-6649.

AD BEN RES RET

Health Screenings and Immunizations

Breast Cancer Risk Assessment Class

The Breast Cancer Risk Assessment class is offered to ANYONE who is interested in learning about their personal risk for developing breast cancer and the options available to decrease this risk. It is offered two or three times a month with days and times varying. No referral or consult is required but preregistration is needed.

Call (301) 295-3899.

AD BEN RES RET DOD-CIV COMM

Prostate Cancer Screening

An annual prostate examination and blood test (PSA) is recommended for all men over 50 years of age. If there is a strong history of prostate cancer, or if one is of African American heritage, the annual evaluation should begin at 40 years of age. The Urology Clinic holds a prostate cancer screening clinic quarterly. To schedule an appointment call (301) 295-4268/4282 or (301) 319-4302.

AD BEN RES RET

Civilian Blood Pressure Screening

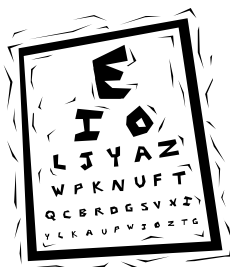
Know your numbers! Blood pressure screening is offered every Monday, Tuesday, Wednesday and Thursday on a walk-in basis from 0800 to 1500 at the Primary Care Family Health Center (Building 7). For more information call (301) 295-0196/0233.

DOD-CIV ONLY

Tuberculosis Testing

Tuberculosis testing (PPD) is available at the Immunization Clinic on a walk-in basis. The clinic is open Mondays from 0700-2000, Tuesday-Friday from 0700-1700 and Saturdays from 0800-1200. For more information call (301) 295-5798.

AD BEN RES RET DOD-CIV



Colorectal Health Screenings

The Gastroenterology Clinic offers a screening flexible sigmoidoscopy exam (an exam which looks at the lower part of the colon) for prevention of colon and rectal cancer. All individuals, starting at age 50 (age 40 for African American men) should have an exam done every five years. Ask your provider about it and bring a consult to the Gastroenterology Clinic. You can learn more about prevention of colorectal cancer during your exam. For further information, please call (301) 295-4600.

AD BEN RES RET

Eye Exams

Eye screening examinations and periodic comprehensive eye examinations (failed school/physical examinations, screening, examination for new glasses, gradual onset of blurred vision, etc.) are provided by the Optometry Service. To schedule an appointment, call Sierra at 1-888-999-5195.

AD BEN RES RET

Refer to the information below for other important regular screenings and immunizations*
Work with your Primary Care Manager (PCM) to ensure you and your family members are getting these recommended screenings and immunizations.

* This information may not represent all requirements needed for active-duty military status.

SCREENINGS

Blood pressure, Height and weight, Dental-----
Pap Smear, females only -----
Cholesterol -----
Mammography, females only -----

Sigmoidoscopy and/or Fecal Occult Blood -----
Vision, Hearing -----
Prostate Health, males only -----

AGE-RECOMMENDED FREQUENCY

Lifetime - annually
Beginning at onset of sexual activity every three years
Lifetime - annually if high-risk; every five years if low-risk
Beginning at age 40 (age 35 if high-risk) intervals 40-50; annually over 50
Beginning at age 50 (age 40 if high-risk) - annually
Lifetime - annually
Beginning at age 50 (age 40 if African American or high risk) - annually

IMMUNIZATIONS

Tetanus-Diphtheria (Td) -----
Varicella-----
Measles, Mumps and Rubella-----
Pneumococcal-----
Influenza-----

AGE-RECOMMENDED FREQUENCY

Lifetime - Every 10 years
Lifetime - two doses
Lifetime - one dose
After age of 65 - one dose
Lifetime - annually if high-risk

Women's Health

Hormone Replacement Therapy & Menopause

This course outlines current issues related to menopause and Hormone Replacement Therapy (HRT). Offered monthly from 0900-1100. No referral needed.

Preregistration is required.

Call (301) 295-6673.

AD BEN RES RET

Contraceptive Class

Birth control options discussed. Counseling for tubal sterilization as desired. Offered monthly from 0900-1130. No referral needed.

Preregistration is required. Call (301) 295-6673.

AD BEN RES RET



The Breast Care Center

The staff at the Breast Care Center at the National Naval Medical Center is deeply committed to providing quality service to eligible beneficiaries. We affirm that our first responsibility is to the patient and we strive to meet all of her (his) physical, psychological, emotional, and social needs.

We are focused on incorporating superior methods of early detection, comprehensive treatment, and long-term surveillance of breast cancer. Our staff is dedicated to providing patients and their families with a network of support groups, social work, and information services to ensure the best possible physical and psychological rehabilitation. With our substantial educational resources, we help patients learn about their disease and available treatment options. Our case management process guides each patient through the diverse aspects of cancer treatment. It is through integration of patient care, education, and research that we hope to overcome some of the many challenges posed by breast cancer.

Breast Cancer Care Services

Breast Cancer Survivor's Groups

Support groups are offered to women diagnosed with breast cancer. Two support groups are available for different stages of breast cancer. A support group for **Stage I and II breast cancer** meets every other Friday from 1300 -1430. A support for **Stages III and IV breast cancer** meets every other Monday from 1300-1430. Meetings are confidential and include women of all ages. Support group sessions are facilitated by a licensed clinical social worker. Please call (301) 295-6360. **AD BEN RES RET DOD-CIV**

Individual Psychotherapy

Psychotherapy is offered to all who have been diagnosed with breast cancer or have a family member or loved one who is being treated at the Breast Care-Center. This is an opportunity for patients or loved ones to discuss the emotional impact and challenge of a breast cancer diagnosis, the treatment- involved and significant life changes. Individual, couples, and family therapy are facilitated by a licensed clinical social worker. For schedule information please call (301) 295-6360.

AD BEN RES RET

Look Good, Feel Better

Sponsored by the American Cancer Society, this class is available to any woman diagnosed with cancer who is undergoing Chemotherapy or radiation. Each patient may attend one session, to learn about special skin care concerns, make up application, scarf tying techniques, and wig care any maintenance. Patients are given a kit of free cosmetics and skin care products donated by famous manufacturers. Classes are held every other month from 1300 to 1430 at the Breast Care Center and at other nearby locations at different times on alternating months. For schedule information please call (301) 295-6360.

AD BEN RES RET DOD-CIV COMM

Genes and Breast Cancer

Topics for this class include risk factors for breast cancer, characteristics of inherited breast cancer, facts about BRCA genes, and the pros and cons of genetic testing. Classes meet once, every other month. Classes are taught: to patients on an individual and confidential basis. No referral or consult is required but **prescreening is mandatory**. Please contact the Breast Care Center Genetics Nurse for more information at (301) 295-3899. **AD BEN RES RET DOD-CIV COMM**

Breast Cancer Risk Assessment Class

The Breast Cancer Risk Assessment class is offered to ANYONE who is interested in learning about their personal risk for developing breast cancer and the options available to decrease their risk. It is offered two or three times a month with days and times varying. No referral or consult is required but preregistration is needed. For more information please call (301) 295-3899. **AD BEN RES RET DOD-CIV COMM**

Prenatal and Parenting

Childbirth Education

These classes are recommended for newly expectant parents, parents who have not had a child within the past five years, and parents with a history of a cesarean section. The classes focus on breathing and relaxation techniques, the process of labor, coping techniques, the coach's role, Cesarean section, types of anesthesia, breast-feeding, infant car seats, and the postpartum period. A tour of the maternity ward is also included. Classes can be completed during six evening sessions or during a two-day weekend class. Call (301) 295-4400/4401.

AD BEN RES RET

Infant Care Class

Learn the basics of newborn care. Information will include changing/diapering, bathing, soothing a crying baby, knowing the signs of your sick newborn and keeping your baby safe. Call (301) 295-4400/4401 for more information.

AD BEN RES RET

Lactation Advice

Lactation advice is available for nursing mothers. This service provides consultation about breastfeeding and valuable education. For an appointment call (301) 295-4900 option #1.

AD BEN RES RET

Maternity Tours

A tour of the Labor/Delivery and Mother-Baby unit is available every Tuesday at 1300. Preregistration is required. (This tour is included in the Childbirth Preparation and Refresher/VBAC classes.) Call (301) 295-4400/4401.

AD BEN RES RET

Perinatal Nutrition Class ♥

This is an interactive group session for mothers-to-be providing information on expected weight gain, nutritional requirements and breast feeding concerns. Classes are held every 2nd and 4th Friday from 0900-1100 hours. A consult is not necessary; however, preregistration is required. Call (301) 295-5360.

AD BEN RES RET



Refresher Vaginal Birth after Cesarean Class

This refresher class is for couples who have taken a prepared childbirth class within the past five years. The class meets on the first Saturday of the month from 1300-1600. Call (301) 295-4400/4401 for an appointment (Please remember to bring two pillows to the birthing classes.)

AD BEN RES RET

Navy New Parent Support Team (NPST)

The NPST provides education and support services to expectant families with children under the age of 4 months and new parents. The team assists new parents with balancing the demands military life and parenting. The team will help new parents cope with such issues as stress, isolation and deployment. Call (301) 295-4400/4401

AD BEN RES RET

Sibling's Class

This class prepares children ages 4-8 for the new baby - Parents are requested to attend and bring a small snack for the child. Tour of the Mother-Baby unit is provided. This class is held the first Saturday of the month from 0900-1100. Call (301) 295-4400/4401.

AD BEN RES RET

Antepartum Support Group For High Risk Obstetric Patients

The Antepartum Support Group offers stress reduction, coping skills, prenatal education, and other needs as identified for patients experiencing a high-risk pregnancy. The group meets every Tuesday and Thursday at 0900 on the 6th Floor of the Mother and Infant Care Center. Call (301) 319-5038 for more information and to confirm a meeting time and place.

AD BEN RES RET

Men's Health

Prostate Cancer Screening

An annual prostate examination and blood test (PSA) is recommended for all men over 50 years of age. If there is a strong history of prostate cancer, or if one is of African American heritage, the annual evaluation should begin at 40 years of age. The Urology Clinic holds a prostate cancer screening clinic quarterly. To schedule an appointment call (301) 295-4268/4282 or (301) 319-4302.
AD BEN RES RET

Erectile Dysfunction (ED) Clinic

Bimonthly ED classes are held in the clinic. For an appointment call (301) 319-4302.
AD BEN RES RET

Incontinence Clinic

The Urology clinic has a specialist in incontinence and voiding dysfunction in both men and women. To schedule an appointment call (301) 319-4302.
AD BEN RES RET

Did you Know....

- Prostate cancer affects approximately 180,000 men per year.
- Testicular cancer is the most common form of cancer in young men between the ages of 20 and 35.
- The average man has a one in four chance of having high blood pressure (a reading higher than 140/90 mmHg).
- Women outlive men by about seven years.
- Women visit a healthcare provider three times as often as men.
- Breast cancer is not specific to females; in 1994, 364 men died from breast cancer.

Sexual Health and Responsibility

SHARP Counseling and Services

SHARP (Sexual Health and Responsibility Program) is an element of the Health Promotion and Medical Management Directorate of the Navy Environmental Health Center (NEHC). The goal of SHARP is to reduce the occurrence of HIV, STDs and unplanned pregnancies. SHARP also assists those who have HIV, STDs or an unplanned pregnancy through counseling and other support services. The Preventive Medicine Service has trained SHARP counselors available for assistance. For more information, please call (301) 319-4373.
AD BEN RES RET

Need to talk to your teen about sexual responsibility?

Helping your children avoid teen pregnancy and infection with Sexually Transmitted Diseases (STDs) including HIV, works best when discussion occurs as part of strong and close relationship you build with children beginning at an early age. The National Campaign to Prevent Teen Pregnancy offers these ideas:

- Be clear about your own sexual values and attitudes.
- Talk with your children early and often about sex, and be specific
- Tell your children what you really think. Don't be reluctant to say for example, *"I think kids in high school are too young to have sex, especially given today's risks."*
- Make sure your words are in line with your actions.

And remember, research suggests that most children would prefer to have their questions about sex answered by a parent. Talking with your children about sex does not encourage them to become sexually active.

Dental Health

Dental/Oral Maxillo-facial Surgery Service

The Dental/Oral Maxillo-facial Surgery Service is responsible for the dental health of active duty military personnel, retirees, and in some cases, beneficiaries. The service houses two training programs. This service is in Building 9, 2nd deck.

DENTAL HEALTH SERVICES

Under the TRICARE Dental Program (TDP), active duty personnel are eligible for the following dental services:

- Routine dental exams
- Specialty dental exams and overseas screenings
- Emergency Services
- Routine dental fillings
- Surgical services
- Prosthetic treatment
- Management of chronic head and neck pain
- Orthodontic treatment (limited to individuals requiring corrective jaw surgery)

Except for routine exams, fillings and cleanings, access to specialty care requires a formal written referral from a physician or dentist. Cases are reviewed by the appropriate training program directors and decisions are based on space availability and the needs of the training program.

To access routine services or obtain appointment information call (301) 295-4339 during the hours of 0700 and 1530. The TRICARE Dental Program (TDP) can be reached by calling (800) 866-8499 or by visiting their web site at www.ucci.com.

***AD ONLY**

** Beneficiaries are eligible for selected emergency dental care. For more information call (301) 295-4339. Retirees are for dental care under the TRICARE Retiree Plan (TRDP). For more information call (888) 838-8737 or visit their web site at www.deltadental.com*

“Be true to your teeth or your teeth will be false to you....”

- See a dentist at least twice per year.
- Brush your teeth at least twice per day; use a soft toothbrush with a small head and rounded bristles.
- Replace your toothbrush every two months.
- Floss between your teeth after meals.
- Always use toothpaste with fluoride.
- Don't forget to brush your tongue! It harbors bacteria just as gums and teeth do.
- Take care of any teeth that need to be filled or repaired.



Support Groups

Support -1. To carry the weight of, esp. from below. 2. To maintain in position so as to keep from failing, sinking or slipping. 3. To be able to bear; WITHSTAND

Antepartum Support Group For High Risk Obstetric Patients

The Antepartum Support Group offers stress reduction, coping skills, prenatal education, and other needs as identified for patients experiencing a high-risk pregnancy. The group meets every Tuesday and Thursday at 0900 on the 6th Floor Mother and Infant Care Center. Call (301) 319-5038 for more information and to confirm a meeting time and place.

AD BEN RES RET

Navy New Parent Support Team (NPST)

The NPST provides education and support services to expectant families with children under the age of four months and new parents. The team assists new parents with balancing the demands of military life and parenting. The team will help new parents cope with such issues as stress, isolation and deployment. Call (301) 295-4400/4401

AD BEN RES RET

Spiritual Support Groups

Chaplains facilitate a variety of Spiritual Support Groups for special patient populations. These groups bring people together who are experiencing similar concerns to foster spiritual and emotional healing. For more information on specific spirituality and support groups, contact the Chaplain's Office at (301) 295-1510.

AD BEN RES RET DOD-CIV

Breast Cancer Survivors' Groups

Support groups are offered to women diagnosed with breast cancer. Two support groups are available for different stages of breast cancer. A support group for **Stages I and II breast cancer** meets every other Friday from 1300-1430. A support group for **Stages III and IV breast cancer** meets every other Monday from 1300-1430. Meetings are confidential and include women of all ages. Support group sessions are facilitated by a licensed clinical social worker. Please call (301) 295-6360.

AD BEN RES RET DOD-CIV

"FYI" For Your Inspiration - COPD Support Group

This group lends support to those suffering from chronic bronchitis, emphysema and other lung diseases. The group meets the 2nd Friday of each month from 1400-1500. For more information call (301) 295-4191.

AD BEN RES RET

Exceptional Family Member (EFM) Parent/Spouse Support Group

This group is a wonderful network of families facing the challenges of special needs. The group allows exceptional families to share information on community resources, medical benefits care, effective parenting skills, stress management techniques, communication skills and much more. The group meets the 3rd Thursday of every month from 1400-1530 at the Early Intervention Services Team Conference Room, 7 East, Room 7013A. For further information and registration call (301) 295-5857.

AD ONLY

HIV Support Group

Open to HIV+ individuals. The group meets daily from 1030-1200. Please call before coming. (301) 295-6294 or (301) 295-2579.

AD BEN RES RET



Spiritual Wellness

Our Spiritual Wellness Programs are delivered by Pastoral Care Services. Our chaplains represent a variety of faith groups and provide a wide range, of religious ministries to patients, staff members and other beneficiaries.

Closed Circuit TV

All religious services conducted in the Main Chapel are broadcast on Channel 41 of the National Naval Medical Center Closed Circuit TV Network. Additionally, religious tapes and films are broadcast daily. This TV ministry is also available in all inpatient rooms.

Inpatient and Outpatient Visitation

Chaplains make daily rounds throughout the hospital and are available for spiritual care, pastoral counseling, prayer, sacraments and other religious rites.

Devotional Materials Distribution

Tract racks are located throughout the medical center and provide free literature on a variety of topics. In addition, The Main Chaplain's Office distributes crosses, rosaries, periodicals, medallions and other religious medals upon request.

Information and Referral Services

Chaplains serve on health care teams on every patient unit and are aware of many referral sources. Make the Chaplain's Office your first stop for help.

Pastoral Counseling

National Naval Medical Center -chaplains provide a wide spectrum of private and confidential pastoral counseling including spiritual formation, spirituality and health, pre-marital, marital, grief, bereavement, life transitions, crisis intervention, and anger management.

Although walk-in appointments are available, scheduled appointments are highly suggested. Please call (301) 295-1510.

AD BEN RES RET DOD-CIV

Worship Services

A full schedule of chapel services for Protestants, Roman Catholics, Jewish and Islamic faiths are available. A current weekly schedule of services can be found in *The Journal*, the command newspaper, or by calling the Main Chaplain's Office at (301) 295-1510.

AD BEN RES RET DOD-CIV

Scripture Study Groups

Bible, Torah and Qur'an Study Groups are held weekly for personal spiritual growth and enrichment. For times and locations contact the Chaplain's Office or obtain a schedule from our command newspaper, *The Journal*.

AD BEN RES RET DOD-CIV

Spiritual Support Groups

Chaplains facilitate a variety of Spiritual Support Groups for special patient populations. These groups bring people together who are experiencing similar concerns to foster spiritual and emotional healing. For more information on specific spirituality and support groups, contact the Chaplain's Office at (301) 295-1510.

AD BEN RES RET DOD-CIV



Self-Medical Care Tool-Kit

For TRICARE Prime Enrollees

Put Prevention into Practice

Preventing health problems rather than waiting for them to occur is the new focus of medicine. Put **P**revention **I**nto **P**ractice (PPIP) is a program designed to enhance the delivery of clinical preventive services: immunizations, screenings (cholesterol, mammograms, blood pressure, sigmoidoscopy, etc.), chemoprophylaxis, counseling and health promotion.

You can participate by partnering with your Primary Care Manager (PCM) and taking a participatory role in our health care. Tools available to help you include The Health Enrollment. Assessment: Review (HEAR) Survey, the Self-Care Manual, the Nurse Advice Line, the NNM Health Promotion Web site, and this Health Promotion Resource Manual.

"Taking Care of Yourself" Self-Care Manual

All TRICARE Primes enrollees have the opportunity to order a self-care manual from Sierra Military Health Services at no charge. You may choose from three manuals: *Take Care of Yourself*, *Taking Care of Your Child*, and *Taking Care Today and Tomorrow* (senior version). The manuals are easy-to-use. The manuals reference common medical conditions and can assist you in making informed decisions about treating medical conditions at home or calling a provider. The manuals also contain information on how to reduce your health risks and incorporate healthy lifestyle habits. **Please note that the manuals are not intended to replace your provider.**

HOW TO ORDER:

Fill out the pre-stamped postcard from your enrollment kit and mail the postcard to TRICARE or call 1-888-999-5195 to request a book.

Health Enrollment Assessment Review (H E A R)

Completing a HEAR survey is one of the first step you should take as a new TRICARE Prime enrollee. This form is included in your enrollment kit and should be mailed back to Sierra as soon as possible. After the survey is returned, you will receive a letter from Sierra informing you of the results and any recommendations for follow-up with our Primary Care Manager (PCM). Take the letter with you for our next visit with your PCM. Your PCM will recommend appropriate screenings, immunizations, appropriate specialty referrals and health promotion resources.

The Health Advice and Education Service

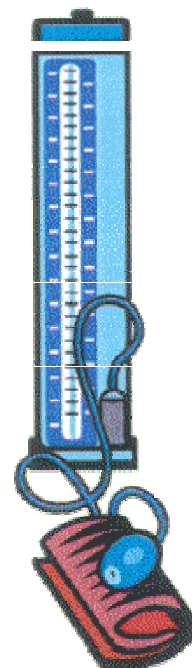
The Health Advice and Education Service has nurses available seven days per week, 24 hours per day to help determine when it is appropriate to treat problems at home and when you need to call your provider. Call 1-800-308-3518.

Health Information Library

The Health Information Library has more than 350 messages to choose from regarding different health conditions. Topics include allergies, arthritis, newborn care, nutrition, pregnancy, weight control, health-related symptoms, and health screenings. Call 1-800-308-3518.

Health Promotions Web Site

The NNM Health Promotions web site is your link to health promotion, wellness and prevention. It also provides links to some of the most popular and credible health-related web sites on the World Wide Web. The web site address is <http://www.nnmc.med.navy.mil>.



Disease Management

HIVAIDS

Hourly Classes

Open to HIV+ service members and family members only. Classes discuss immune markers, opportunistic infections, safer sex, substance abuse and mood, spirituality, stress management, sexually transmitted disease, and HIV drugs. Classes meet Monday-Friday, 0930-1430. Please call first. (301) 295-6294 or (301) 295-2579

AD BEN RET

Cardiovascular Disease

Cardiac Rehabilitation Program

The cardiac rehabilitation program at NNMC serves the TriService region. It was designed to assist patients in the recovery process following heart surgery, a heart attack, angina or other heart conditions. Our staff can assist you in recovery through a personalized plan of exercise training, cardiovascular risk factor assessment, education and counseling. The cardiac rehabilitation program teaches patients and their families about their disease and how to cope with its physical and psychological effects.

A physician referral is required for program entry. For further information please call (301) 295-1840.

AD BEN RET RES

Heart to Heart

Heart to Heart is a heart failure management workshop designed to assist patients who have been diagnosed with congestive heart failure. Signs and symptoms of heart failure as well as treatment options and management are discussed. The earlier heart failure is detected, the better the chances for successful treatment. This program serves the TriService Region. Call (301) 295-1840 for more information.

AD BEN RET RES

Hypertension Management ♥

A two-class course designed to help patients manage their hypertension learning about appropriate lifestyle changes. Pharmacological management and self-monitoring of blood pressure is also discussed. For more information call (301) 295-2159.

AD BEN RES RET DOD-CIV

Cancer

Individual Psychotherapy

Psychotherapy is offered to all who have been diagnosed with breast cancer or have a family member or loved one who is being treated at the Breast Care Center. This is an opportunity for patients or loved ones to discuss the emotional impact and challenge of a breast cancer diagnosis, the treatment involved and significant life changes. Individual, couples, and family therapy are facilitated by a licensed clinical social worker. For schedule information please call (301)295-6360.

AD BEN RES RET

Look Good, Feel Better

Sponsored by the American Cancer Society, this class is available to any woman diagnosed with cancer who is undergoing chemotherapy or radiation. Each patient may attend one session to learn about special skin care concerns, make up application, scarf tying techniques, and wig care and maintenance. Patients are given a kit of free cosmetics and skin care products donated by famous manufacturers. Classes are held every other month from 1300 to 1430 at the Breast Care Center and at other nearby locations at different times on alternating months. For schedule information please call (301) 295-6360.

AD BEN RES RET DOD-CIV COMM

Arthritis

Arthritis Self Management Course

A six-week self-management course is offered in October and March for persons with arthritis or those interested in finding out more about arthritis. A variety of educational material is given to each class member. Preregistration is preferred. To register or for further information please call (301) 295-4512 or 4513/4514.

AD BEN RES RET

Diabetes

Take Charge of Your Diabetes

A 12-hour course designed to help you understand and manage your diabetes. Learn about diet, exercise, emotions, prevention of complications, medications, and more. The course is offered monthly from September - June. For more information call (301) 295-1565.

AD BEN RES RET

Pulmonary Disease

The Rehabilitation Program offers comprehensive education and exercise therapy through individualized treatment plans. Pulmonary rehabilitation is recommended for individuals diagnosed with pulmonary diseases. A referral is necessary from a Primary Care Provider after an evaluation by a Pulmonologist. Participants meet twice a week for 24 sessions, on Tuesdays and Thursdays. Several classes at different times are offered. For more information call (301) 295-4191.

AD BEN RES RET

Support groups for some of these health conditions are listed on page 14.

